

LISTER BISTRO MENU WEEK 3

WE  HEALTHY EATING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAUCY MEATBALLS	HOME MADE COTTAGE PIE	SELECTION OF HOME MADE PIZZAS	ROAST TURKEY WITH STUFFING	FISH FINGERS FISH STARS OR BREADED FISH
QUORN MEAT BALLS	HOME MADE VEGETARIAN COTTAGE PIE	FULLY LOADED CHEESE PIZZA	QUORN FILLET IN GRAVY	BAKED POTATO OR CHEESE OMELETTE
PASTA TWISTS GARLIC BREAD	CRUSTY SLICED BREAD	POTATO WEDGES	HOME MADE ROAST POTATOES	CHIPS
STEAMED MIXED VEG	STEAMED VEG	CHOPPED SALAD SWEET CORN	CARROTS BROCCOLI SPROUTS	BAKED OR PEAS
JAM DOUGHNUTS OR FRUIT BOWL	CAKE & CUSTARD SLICE FRUIT BOWL	ARCTIC ROLL OR FRUIT BOWL	CHOC BROWNIE OR FRUIT BOWL	JELLY & CREAM OR FRUIT BOWL